

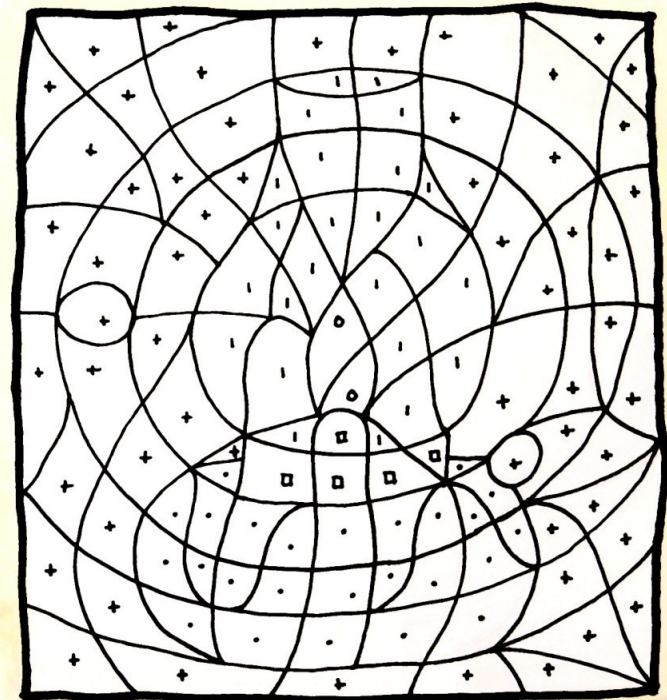
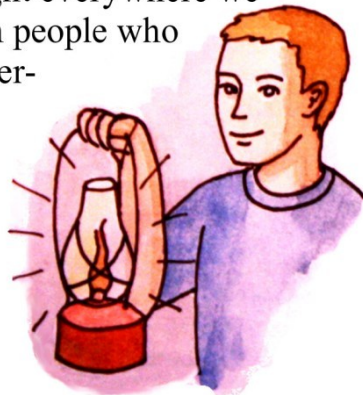
You are the Salt and Light!

Jesus says we are the salt of the earth. Have you ever tasted food that wasn't salty enough? It can taste pretty bland. But do you notice when food has the right amount of salt? Usually we don't think about it. It's kind of hiding in the

food and making it taste good. Jesus wants us to be like the "salt" in the world, with the goodness and truth that He gives us.

Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's our job to bring the truth to the world so that everyone can see that God loves them.

We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow us toward God.



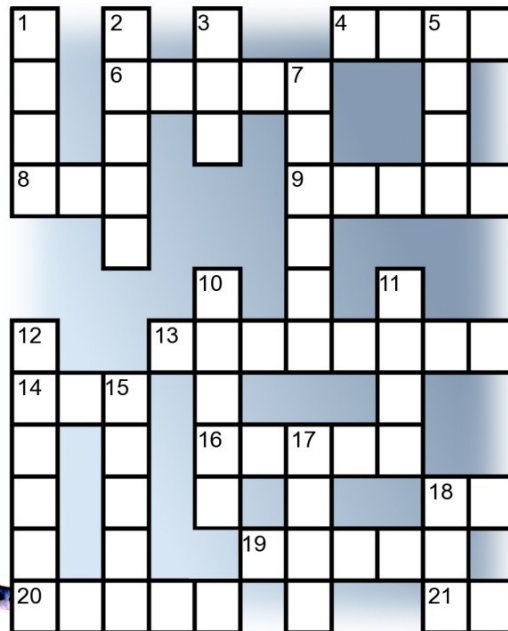
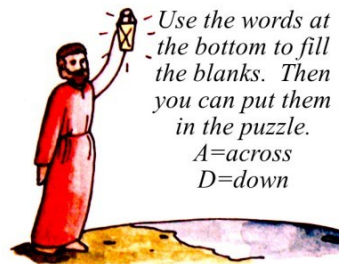
Matt 5:13-16

What did Jesus tell us we should be like?
Colour in the spaces according to the code to find out!

- | | | | |
|---|--------|---|-------|
| + | blue | ■ | brown |
| . | white | • | red |
| o | orange | | |

Answers to Cross-word Puzzle:
Across: 4. must 6. earth 8. you 9. deeds 13. mountain 14. all 16. light 18. so 19. house 20. taste 21. to
Down: 1. city 2. Jesus 3. are 5. said 7. hidden 10. world 11. salt 12. basket 15. loses 17. good 18. set

Salt and Light Crossword Puzzle



_____2D _____5D to his disciples: "You are the
 _____11D of the _____.6A But if salt _____15D
 its _____,20A with what can it be seasoned? It is no
 longer _____17D for anything but ____21A be thrown
 out and trampled underfoot. _____8A _____3D the light
 of the _____.10D A _____1D set on a _____13A
 cannot be _____.7D Nor do they light a lamp and
 then put it under a bushel _____;12D it is _____18D
 on a lampstand, where it gives _____16A to _____14A
 in the _____.19A Just _____,18A your light _____4A
 shine before others, that they may see your good
 _____9A and glorify your heavenly Father."

MUST JESUS MOUNTAIN CITY LIGHT
 SAID DEEDS BASKET EARTH WORLD
 GOOD HOUSE HIDDEN YOU SET ALL
 SALT TASTE LOSES ARE SO TO

Hey, did you know that Our Lady appeared to young girl in France called Bernadette? Bernadette lived in a little town called Lourdes. One day when she was gathering fire wood Our Lady appeared to her and Bernadette spoke to her. Can you colour in the picture of St Bernadette talking to Our Lady?

